

**Receiving with Grace**

Katrina VanBrugh , Allen Ave. Unitarian Universalist Church,Portland, ME, May 16, 2011

Opening Words: "Keep in mind that part of growing up is learning how to deal with difficult issues, and the benefits can be great if you have the courage to ask for help. Human beings are not designed to go through life alone. No one has to bear the burden of the tough times all by themselves." -Jack Canfield, Mark Victor Hansen, and Kimberly Kirberger

Check-in/Sharing. How are things with you today?

Discussion:

If, as they say, God helps those who help themselves, does that mean we are “wrong” if we ask for help? And what about “Tis better to give than to receive?” Is it more virtuous to be a giver than an asker? And yet, as the poet said, “Refusing to ask for help when you need it is refusing someone the chance to be helpful.” (Ric Ocasek). Furthermore, Booker T. Washington said, “Few things can help an individual more than to place responsibility on him, and to let him know that you trust him.”

Is it difficult for you to ask for help? Does it make you too vulnerable or too weak?

Have there been times in your life when you have asked someone for help, real help?

How did you feel then? Was help given and how did that make you feel?

Have you ever been asked for real help? How did you feel then and what did you do?

And, if receiving help with grace is so important, why isn't there an equivalent word to describe that quality as “generosity” or “beneficence” describes giving with grace? Do you have that indefinable quality, the ability to ask for help sincerely and with a trusting, open heart?

Checking-out/Likes and Wishes. How was the session for you?

Closing Words: Two quotes from the Bible:

“Ask, and it shall be given you; seek; and you shall find; knock and it shall be opened unto you. For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened. [Matthew 7:7-8].”

“Our love must not be a thing of words and fine talk. It must be a thing of action and sincerity (1 John 3:18).”

As we extinguish the light of this chalice may its light remain in our hearts and guide us through the dark places of our lives. May we ask for help when we need it and may we offer and receive help with grace.

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